

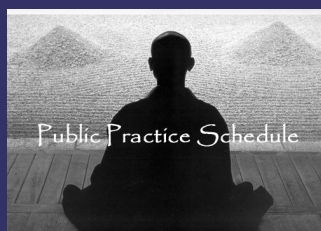


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Please help support Our Temple,
Dharma Study, Resident Student
Program & Our Practice Schedule &
Programs offered to the Public.

**Donations are tax
deductible**



Monday

7:00 am Zazen

7:40 am Morning Chanting Service

6:00 pm Zazen

6:40 pm Evening Chanting Service

Tuesday- Friday

July 22, 2014

HSZC.org

Sangha e-Newsletter 2014



To go from mortal to Buddha,

You have to put an end to karma, nurture your awareness, and accept what life brings. If you always getting angry, you'll turn your nature against the Way. There's no advantage in deceiving yourself. Buddha moves freely through life and death, appearing and disappearing at will. They cant be restrained by karma or overcome by devils.

Once mortals see their nature, all attachments end. Awareness isn't hidden. But you can only find it right now. It's only now. If you really want to find the Way, don't hold on to anything. **Once you put an end to karma and nurture your awareness, any attachments that remain will come to an end. Understanding comes naturally. You dont have to make any effort. But fanatics dont understand what the Buddha meant. And the harder they try, the farther they get from the Sage's meaning. All day long they invoke buddhas and read sutras. But they will remain blind to their own divine nature, and they wont escape the wheel.**

6:00 am Zazen
 6:40 am Kinhin (walking meditation)
 6:50 am Zazen
 7:20 am Chanting Service
 7:40 am Soji (brief temple cleaning)

6:00 pm Zazen
 6:40 pm Chanting Service
Thursdays Study Hour 7:30pm

Saturday

6:30 am Zazen
 7:10 am Chanting Service
 7:25 am Soji
 8:30 am Drop-in instruction
 9:25 am Zazen
 10:15 am Dharma Talk
 11:00 am Refreshments/Social

A buddha is an idle person. He doesn't run around after fortune and fame. What good are such things in the end? People who don't see their nature and think reading sutras, invoking buddhas, studying long and hard, practicing morning and night, never lying down, or acquiring knowledge is the Dharma, blaspheme the Dharma. Buddhas of the past and future only talk about seeing your nature. All practices are impermanent. Unless they see their nature, people who claim to have attained unexcelled, complete enlightenment are liars.

The Zen Teachings of Bodhidharma Tr. Red Pine



HSZC / Valley Stream Practice week @ [Tassaiara](#), semi formal tea and time in the kaisando with HSZC Abbot, Valley Stream Guiding Teacher, Myo Lahey



weekly meditation group for those
living with HIV, their friends,
families, community supporters &



Upcoming Events:

Dharma Talks - [Rev. Myō Lahey](#) - Aug 2,9,23 @10:15am

Guest Speaker Saturdays - July 26 [Jamie Howell](#); August 16 [Hobu Beata Chapman](#); August 30 [Mark Lancaster](#); October 11 [Laura Burges](#); November 1 [Jisan Tova Green](#); December 27 [Mark Lancaster](#)

Full Moon Ceremony - Saturday, August 10 @ 11am - the Full Sturgeon, Red, Green Corn or Grain Moon.

Winter Study Period - (similar to a practice period) is planned to kick off around Sejiki (End of October) and run through Rohatsu and the Winter Light 5 day retreat (Early December).

Sangha Council - August 16, 2014

Founder's Memorial - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour - Thursdays @7:30pm: Book of Serenity (wrapping up the 100 cases/full book very soon! Moving on to a different text) we have books to share, we read together, feel free to drop-in

Next Board of Directors' Meeting - Second Wednesdays of the month August 13 @ 7:30pm You're welcome to attend & observe.

Words From Our Abbot: Rev Myō Lahey

...Can we even be at peace when we are afraid and I would say yes, yes we can we can. It's a matter of trust. The word Dōgen might use is faith, and by faith he means trust. Trust in this body-mind, trust in these teaching of the Buddhism Ancestors. And that this trust and faith can carry us through just about any situation and circumstance, and of course when the circumstances are not all right the impulse is to get away from this uncomfortable experience of fear and it might be quite strong... So when confronted with any of the five fears, there's an opportunity for us to experience fear that is not distorting and does not send us running to the hills to escape. And when

anyone who wants to join us!
Thursdays & Fridays

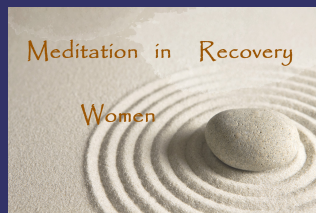
10:30 am zazen

11:00 am garden socializing



weekly meditation group for men
& women in recovery from
addiction

Fridays, 7:30 pm - 9 pm



(Women only)
monthly meditation group for
women in recovery from addiction.

First Thurs, 7:15 pm -8:45 pm

we relate to fear that way it changes how we understand and experience fear. And that will not only be helpful to us but to others also. To other beings;

so this I believe what the Heart Sutra means when it says "a Bodhisattva is "unafrighted" A Bodhisattva is not afraid of fear and that is what it means to have nirvana as a basis... And of course nirvana as the basis is also the description, a poetic way of talking about zazen, our sitting practice. We sit with nirvana as the basis and of course this means there is nothing we can see, or claim or touch, or anything like that. Any of that stuff is not nirvana, Nirvana is the thing we cannot see or claim or touch. That which is, you might say, ultimately true, and that is not a possession. In Buddha-Dharma you don't hear people saying they possess nirvana. People say they have awakened to nirvana. Sometimes they have gone to nirvana, as though that is Fair Oaks or something, but it doesn't say people have nirvana. And as you probably know the etymology (of nirvana) means to be extinguished, just the way a flame is extinguished when the fuel is gone.

Beyond that there isn't a lot said about nirvana because the realm of language can't compass that reality. You can say it express that reality, but it can't compass it the way we describe, a, uh, you know "shall I compare thee to a summer's day", well yea we can do that but for nirvana, no. So to have nirvana as a basis means to trust that, to have faith that that's the way things are and to sit accordingly whether we are in our quiet little zendo, unless some fool left their phone on, or out in the world, whether were sitting still or moving about, walking, sitting, standing lying down. All of them are one-suchness. All of them have nirvana as a basis by way of what we call Buddha-Nature, our awakened nature which is again why and how we can trust fear may arise and not carry us off.

[Valley Streams Zen Sangha, Dharma talk 1-27-2014](#)



HSZC / Valley Stream Practice week @ Tassajara, Lunch with a couple old friends in the student dining area; formerly many years ago, the Tassajara Zendo. 7 - 2014 (looks like mixed photo reactions!)

We are thrilled to announce that Hartford Street Zen Center has been selected as a beneficiary of [The Castro Street Fair 2014](#). Please mark your calendars for **Sunday 5 October**!

As a beneficiary we get paid a percentage of the total donations received by the fair for every hour that every person volunteers at the Fair. The online registration will go live in July. Meanwhile, there will be a sign-up sheet available at the temple -- we can have up to 50 volunteers -- plenty of opportunity to invite friends, family, neighbors. The funds raised will go toward repairing and INSULATING the zendo floor! Making the warmth of our practice even more tangible and lessening our resource use on our fragile Mother Earth. Please join in a fun day of FUN*draising for Hartford Street Zen Center!

Looking forward to a great [Castro Street Fair 2014](#) with you!

Hartford Sangha Member Musing -

Practice week at Tassajara - tid bits, by KeiDo:

A beautiful wood sign emphasizes hot springs and a dead end to my car's friend, pavement.

A quite little white house, no one around

A port a potty sitting all alone in a vast wilderness telling the trees and
the squirrels "this is a much more gentle a life than my days at Folsom
Street Fair"

This isn't a road this is a roller coaster ride.
When will it end?

Dinner at Tassajara in a tie and dress clothes
So many confused looks peering through sulfur air, stinky air, stinky
received tie and dress clothes

Hot then cold
just as the cool breeze lulls in sleep from an all night fight of foreign
bedding,
the body relaxes and lets go of tension and...
SMACK! wood against wood disrupts
then the wake up bell makes it's demand

Just before 6am gentle winds drifting into the zendo, carrying metal
pans clanking across the walkway from this spot on the tan. This is the
sound of breakfast?

Oh general labor, who knew I could dislike leafs so much? I always loved
them before.

Day 3, familiarity
The beauty of the valley begins to come into focus
The urgent rushed world pace slows
The faces start to feel like friends
The zendo feels like our home zendo a nice little cozy nest,
wait...

Its time to go?



WINTER STUDY PERIOD

This winter we will have a study period. This event is similar to a [practice period](#) and is planned to kick off after Sejiki (End of October, start of November) and run through Rohatsu and the Winter Light 5 day retreat (start of December).

Because we are primarily a lay sangha (community) and organization, attendance to the full practice period schedule is not an option for most, and we all have lay world careers including our residential students, so we will take the practice period model and make some adjustments.

We ask individuals commit to a routine they can uphold. We would like as we get closer to the start of this period, to know what you can join us for and encourage all to participate. Some of the parts of the study period require attendance planning and also to ensure there is enough to make a good group concentrated effort. If you know now what you can commit to, you can let us know, otherwise, please inform us as early as you can before the period begins. A deadline will be later communicated. We look forward to concentrated practice opportunity with you!



Suzuki, Roshi's memorial @ Tassajara
07 2014 - photo by Tom Hawkins

Other Holidays or LGBTQI Events:

[Lazy Bear Weekend](#) - July 30 to August 4

[Additional LGBTQI Events](#)

Or [found here](#)



Near Chew's Ridge (on way to or from Tassajara) - Tom Hawkins 07 2014

All photos including those not credited above in this issue, provided by
Shogen, [Tom Hawkins](#)
(Those where Tom appears, taken by other Tassajara Students)

Seeking a **LGBTQI, Buddhist** space **for your wedding**? HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email hszc108@yahoo.com, call us, or a better way yet is to stop in & discuss



during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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Please submit stories, reflections, personal news, artwork & photography for future newsletters to

KeiDo at tetsugen.keido@yahoo.com

May this newsletter find you well & equanimous! __/|__

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